

shree raama sahasranaama stotram

(aananda raamaayaNa)

shree paarvatyuvaacha -

shrotumicChaami devesha tadaham sarvakaamadam |
naamnaam sahasra maam broohi yadyasti mayi te dayaa ||

shree mahaadeva uvaacha -

atha vakshyaami bho devi raamanaamasahasrakam |
shruNushvaikamanaah stotram guhyaadguhyataram mahat ||

rushirvinaayakashchaasya hyanushTupChanda uchyate |
parabrahmaatmako raamo devataa shubhadarshane ||

om asya shree raama sahasranaamamaalaa mantrasya
vinaayaka rushih anushTup Chandah shree raamo devataa
mahaavishNuriti beejam guNabhrunnirguNo mahaaniti shaktih
sacchidaanandavigraha iti keelakam
shree raama preetyarthe jape viniyogah ||

om shree raamachandraaya angushThaabhyaam namah |
seetaapataye tarjaneebhyaam namah |
raghunaathaaya madhyamaabhyaam namah |
bharataagrajaaya anaamikaabhyaam namah |
dasharathaاتمajaaya kanishThikaabhyaam namah |
hanumatprabhava karatala karaprushThaabhyaam namah ||

shree raamachandraaya hrudayaaya namah |
seetaapataye shirase swaahaa |
raghunaathaaya shikhaayai vashaT |
bharataagrajaaya kavachaaya hum |
dasharathaاتمajaaya netratrayaaya voushaT |
hanumatprabhava astraaya phaT ||

|| atha dhyaanam ||

dhyaayedaaajaanubaahum dhrutasharadhanusham vaddhapadmaasanastham
peetam vaaso vasaanam navakamalasparidhi netram prasannam |
vaamaamkaarooDha seetaamukhakamalamilallochanam neeradaabham
naanaalamkaaradeeptam dadhatamurujaTaamaNDalam raamachandram ||

vaideheesahitam suradrumatale haime mahaamaNDape
madhye pushpamahaasane maNimaye veeraasane samsthitam |
agre vaachayati prabhamjanasute tachvam munibhyah param
vyaakhyaatam bharataadibhih parivrutam raamam bhajecChyaamalam ||

souvarNamanDape divye pushpake suviraajite
moole kalpataroh svarNapeeThe samhaashTasamyute |
mrudushlakshNaamtare tatra jaanakyaa saha samsthitam
raamam neelotpalashyaamam dvibhujam peetavaasasam ||

smitavaktram sukhaaseenam padmapatranibhekshaNam
kireeTahaarakeyoorakuNDalaih kaTakaadibhih |
bhraajamaanam gyaanamudraadharam veeraasanasthitam
sprushantam stanayoragre jaanakyaaah savyapaaNinaa ||

vasishThavaamadevaadyaih sevitam lakshmaNaadibhih
ayodhyaanagare ramye hyabhishiktam raghoodvaham |
evam dhyaatvaa japennityam raamanaamasahasrakam
hatyaakoTiyuto vaa api muchyate naatra samshayah ||

|| shree raama sahasranaama stotram ||

om raamah shreemaan mahaavishNurjishNurdevahitaavahah |
tattvaatmaa taaraka brahma shaashvatah sarvasiddhidah || 1 ||

raajeevalochanah shreemaa~mshChraaraamo raghupungavah |
raamabhadrah sadaachaaro raajendro jaanakeepatih || 2 ||

agragaNyo vareNyashcha varadah parameshvarah |
janaardano jitaamitrah paraarthaikaprayojanah || 3 ||

vishvaamitrapriyo daataa shatrujicChatrutaapanah |
sarvagayah sarvavedaadih sharaNyo vaalimardanah || 4 ||

gyaanabhavyo apariChedyo vaagmee satyavratah shuchih |
gyaanagamyo druDhapragyah kharadhvamsee prataapavaan || 5 ||

dyutimaanaatmavaan veero jitakrodho arimardanah |
vishvaroopo vishaalaakshah prabhuh parivruDho druDhah || 6 ||

eeshah khaDgadharah shreemaan kousalyeyo anasooyakah |
vipulaamso mahoraskah parameshThee paraayaNah || 7 ||

satyavratah satyasamdho guruh paramadhaarmikah |
lokesho lokavandyashcha lokaatmaa lokakrudvibhuh || 8 ||

anaadirbhagavaan sevyo jitamaayo raghoodvahah |
raamo dayaakaro dakshah sarvagyah sarvapaavanah || 9 ||

brahmaNyo neetimaan goptaa sarvadevamayo harih |
sundarah peetavaasaashcha sootrakaarah puraatanah || 10 ||

saumyo maharshih kodaNDah sarvagyah sarvakovidah |
kaviih sugreevavaradah sarvapuNyaadhikapradah || 11 ||

bhavyo jitaarishaDvargo mahodaaro aghanaashanah |
sukeertiraadipurushah kaamtah puNyakrutaagamah || 12 ||

akalmapashchaturbaahuh sarvaavaaso duraasadah |
smitabhaashee nivrutaatmaa smrutivaan veeryavaan prabhuh || 13 ||

dheero daamto ghanashyaamah sarvaayudhavishaaradah |
adhyaatmayoganilayah sumanaa lakshmaNaagrajah || 14 ||

sarvateerthamayah shoora sarvayagyaphalapradah |
yagyasarvapo yagyesha jaraamaraNavarjitah || 15 ||

varNaashramagururvarNee shatrujitpurushottamah |
shivalimgapratishThaataa paramaatmaa paraatparah || 16 ||

pramaaNabhruto durgyeyah poorNah parapuramjayah |
anantadrushTiraanando dhanurvedo dhanurdharah || 17 ||

guNaakaro guNashreshThah sacchidaanandavigrahah |
abhivaadyo mahaakaaryo vishvakarma vishaaradah || 18 ||

vineetaatmaa veetaraagastapasveesho janeshvarah |
kalyaana prahrutih kalpah sarveshah sarvakaamadah || 19 ||

akshayah purushah saakshee keshavah purushottamah |
lokaadhyaksho mahaakaaryo vibheeshanavarapradah || 20 ||

aanandavigraho jyotirhanumatprabhuravyayah |
bhraajishNuh sahana bhoktaa satyavaadee bahushrutah || 21 ||

sukhadah kaaraNam kartaa bhavabandhavimochanah |
devachooDaamaNirnetaa brahmaNyo brahmavardhanah || 22 ||

samsaarataarako raamah sarvaduhyavimokshakrut |
vidvattamo vishvakartaa vishvakrudvishvakarma cha || 23 ||

nityo niyatakalyaaNah seetaashokavinaashakrut |
kaakutsthah puNDareekaaksho vishvaamitrabhayaapahah || 24 ||

maareechamathano raamo viraadhavadhapaNDitah |
duhsvapnanaashano ramyah kireeTee tridashaadhipah || 25 ||

mahaadhanurmahaakaayo bheemo bheemaparaakramah |
tattvasvaroopastattvagyah tattvavaadee suvikramah || 26 ||

bhootaatmaa bhootakrutswamee kaalagyaanee mahaavapuh |
anirviNNo guNagraamo nishkalamkah kalamkahaa || 27 ||

svabhaavabhadrah shatrughnah keshavah sthaaNureeshvarah |
bhootaadih shambhuraadityah sthavishTah shaashvato dhruvah || 28 ||

kavachee kuNDalee chakree khaDgee bhaktajanapriyah |
amrutyurjanmarahitah sarvajitsarvagocharah || 29 ||

anuttamo aprameyaatmaa sarvaatmaa guNasaagarah |
samah samaatmaa samago jaTaamukuTamaNDitah || 30 ||

ajeyah sarvabhootaatmaa vishvak seno mahaatapaah |
lokaadhyaksho mahaabaahuramruto vedavittamah || 31 ||

sahishNuh sadgatih shaastaa vishvayonirmahaadyutih |
ateendrah oorjitah praamshurupendro vaamano balih || 32 ||

dhanurvedo vidhaataa cha brahmaa vishNushcha shamkarah |
hamso mareechirgovindo ratnagarbho mahadyutih || 33 ||

vyaaso vaachaspatih sarvadarpitaasuramardanah |
jaanakeevallabhah shreemaan prakaTah preetivardhanah || 34 ||

sabhavo ateendriyo vedyo nirdesho jaambavatprabhuh |
madano manmatho vyaapee vishvaroopo niranjanah || 35 ||

naaraayaNo agraNee saadhurjaTaayupreetivardhanah |
naikaroopo jagannaathah surakaaryahitah prabhuh || 36 ||

jitakrodho jitaaraatih plavagaadhiparaajyadah |
vasudah subhujo naikamaayo bhavyah pramodanah || 37 ||

chaNdaamshuh siddhidah kalpah sharaNaagatavatsalah |
agado rogahartaa cha mantragy mantrabhaavanah || 38 ||

saumitrivatsalo dhuryo vyaktaavyaktasvaroopadhruk |
vasishTho graamaNeeh shreemaanukoolah priyavadah || 39 ||

atulah saattviko dheerah sharaasanavishaaradah |
jyeshThah sarvaguNopetah shaktimaamstaaTakaantakah || 40 ||

vaikuNThah praaNinaam praaNah kamalah kamalaadhipah |
govardhanadharo matsyaroopah kaaruNyasaagarah || 41 ||

kumbhakarNaprabhettaa cha gopigopaalasamvrutah |
maayaavee vyaapako vyaapee reNukeyabalaapahah || 42 ||

pinaakamathano vandyah samartho garuDadhvajah |
lokatrayaashrayo lokabharito bharaataagrajah || 43 ||

shreedharah samgatirlokasaakshee naaraayaNo vibhuh |
manoropaa manovegee poorNah purushapungavah || 44 ||

yadushreshTho yadupatirbhootaavaasah suvikramah |
tejodharo dharaadharashchaturmoortirmahaanidhih || 45 ||

chaaNooramathano vandyah shaanto bharaatavanditah |
shabdaatigo gabheeraatmaa komalaamgah prajaagarah || 46 ||

lokordhvagah sheshashaayee ksheeraabdhinilayo amalah |
aatmajyotiradeenaatmaa sahasraarchih sahasrapaat || 47 ||

amrutaamshurmaheegarto nivruttavishayaspruhah |
trikaalagyo munihsaakshee vihaayasagatih krutee || 48 ||

parjanyah kumudo bhootaavaasah kamalalochanah |
shreevatsavakshaah shreevaaso veerahaa lakshmaNaagrajah || 49 ||

lokaabhiraamo lokaarimardanah sevakapriyah |
sanaatanatamo meghashyaamalo raakshasaamtakah || 50 ||

divyaayudhadharah shreemaanaprameyo jitendriyah |
bhooDevavandyo janakapriyakrut prapitaamahah || 51 ||

uttamah saattvikah satyah satyasandhastrivikramah |
suvruttaah sugamah sookshmah sughoshah sukhadah suhrut || 52 ||

daamodaro achyutah shaarnghee vaamano madhuraadhipah |
devakeenandanah shouri shoorah kaiTabhamardanah || 53 ||

saptataalaprabhettaa cha mitravamshapravardhanah |
kaalasvaroopee kaalaatmaa kaalah kalyaaNadah kalih || 54 ||

samvatsaro rutuh paksho hyayanam divaso yugah |
stavyo vivikto nirlepah sarvavyaapee niraakulah || 55 ||

anaadinidhanah sarvalokapoojyo niraamayah |
raso rasagyah saaragyo lokasaaro rasaatmakah || 56 ||

sarvaduhkhaatigo vidyaaraashih paramagocharah |
shesho vishesho vigatakalmasho raghupungavah || 57 ||

varNashreshTho varNabhaavyo varNo varNaguNojjvalah |
karmasaakshee guNashreshTho devah suravarapradah || 58 ||

devaadhidevo devarshirdevaasuranamaskrutah |
sarvadevamayashchakree shaarngapaaNee raghoottamah || 59 ||

manoguptirahamkaarah prakrutih purushovyayah |
nyaayo nyaayee nayee shreemaan nayo nagadharo dhruvah || 60 ||

lakshmeevishvambharo bhartaa devendro balimardanah |
vaaNaarimardano yajvaanuttamo munisevitah || 61 ||

devaagraNeeh shivadhyaanatatarah paramah parah |
saamageyah priyah shoora poorNakeertih sulochanah || 62 ||

avyaktalakshaNo vyakto dashaasyadvipakesaree |
kalaanidhih kalaanaathah kamalaanandavardhanah || 63 ||

puNyah puNyaadhikah poorNah poorvah poorayitaa ravih |
jaTilah kalmapadhmaamtaprabhajana vibhaavasuh || 64 ||

jayee jitaarih sarvaadih shamano bhavabhanjanah |
alakarishNurachalo rochishNurvikramottamah || 65 ||

aashuh shabdapatih shabdaagocharo ranjano laghuh |
nihshabdapurusho maayo sthoolahsookshmo vilakshaNah || 66 ||

aatmayonirayonishcha saptajihvah sahasrapaat |
sanaatanatamah sragvee peshalo vijitaambarah || 67 ||

shaktimaan shamkhabhrunnaatho gadaadhararathaangabhurut |
nireeho nirvikalpashcha chidroopo veetasaadhvasah || 68 ||

sanaatanah sahasraakshah shatamoortirghanaprabhah |
hrutpuNDareekashayanah kaThino drava eva cha || 69 ||

sooryo grahapatih shreemaan samartho anarthanaashanah |
adharmashatra rakshoghna puruhootah purastutah || 70 ||

brahmagarbho bruhadgarbho dharmadhenurdhanaagamah |
hiraNyagarbhorjyotishmaan sulalaaTa suvikramah || 71 ||

shivapoojaaratah shreemaan bhavaaneepriyakrudvashee |
naro naaraayaNa shyaamah kapardee neelalohitah || 72 ||

rudrah pashupatih sthaaNurvishvaamitro dvijeshvarah |
maataamaho maatarishvaa virinchirvishTarashravaah || 73 ||

akshobhyah sarvabhootaanaam chaNDah satyaparaakramah |
baalakhilyo mahaakalpah kalpavrukshah kalaadharah || 74 ||

nidaaghastapano meghah shukrah parabalaapahrut |
vasushravaah kavyavaahah pratapto vishvabhojanah || 75 ||

raamo neelotpalashyaamo gyaanaskando mahaadyutih |
kabandhamathano divyah kambugreevah shivapriyah || 76 ||

sukhee neelah sunishpannah sulabhah shishiraatmakah |
asamsrushTo atithih shoora pramaathee paapanaashakrut || 77 ||

pavitrapaadah paapaarirmaNipooro nabhogatih |
uttaaraNo dushkrutihaa durdharpo duhsaho balah || 78 ||

amrutesho amrutavapurdharmee dharmah krupaakarah |
bhago vivasvaanaadityo yogaachaaryo divaspatih || 79 ||

udaarakeertirudyogee vaanmayah sadasanmayah |
nakshatramaanee naakeshah svaadhisThaanah shaDaashrayah || 80 ||

chaturvargaphalam varNashaktitrayaphalam nidhih |
nidhaanagarbho nirvyaaajo nireesho vyaalamardanah || 81 ||

shreevallabhah shivaarambhah shaanto bhadrah samamjasah |
bhooshaayee bhootakrudbhootirbhooparNo bhootavaahanah || 82 ||

akaayo bhaktakaayasthah kaalagyaanee mahaapaTuh |
paraardhavruttirachalo viviktah shrutisaagarah || 83 ||

svabhaavabhadro madhyasthah samsaarabhayanaashanah |
vedyo vaidyo viyadgoptaa sarvaamaramuneeshvarah || 84 ||

surendrah kaaraNam karmakarah karmee hyadokshajah |
dhairyo agradhuryo dhaatreeshah sankalpah sharvareepatih || 85 ||

paramaarthagururdrushTih suchiraashritavatsalah |
vishNurjishNurvibhuryagyo yagyesho yagyapaalakah || 86 ||

pramuvishNurgrasishNushcha lokaatmaa lokapaalakah |
keshavah keshihaa kaavyah kavih kaaraNakaaraNam || 87 ||

kaalakartaa kaalashesho vaasudevah purushTutah |
aadikartaa varaahashcha vaamano madhusoodanah || 88 ||

naaraayaNo naro hamso vishvakseno janaardanah |
vishvakartaa mahaayagyo jyotishmaan purushottamah || 89 ||

vaikuNThah puNDareekaakshah krushNah sooryah suraarchitah |
naarasimho mahaabheemo vajradamshTro nakhaayudhah || 90 ||

aadidevo jagatkartaa yogeesho garuDadhvajah |
govindo gopatirgoptaa bhoopatirbhuvaneshvarah || 91 ||

padmanaabho hrusheekesho dhaataa daamodarah prabhuh |
trivikramastrilokesho brahmesha; preetivardhanah || 92 ||

sanyaasee shaastratattvagyo mandiro girisho natah |
vaamano dushTadamano govindo gopavallabhah || 93 ||

bhaktapriyo achyutah satyah satyakeertirdhrutih smrutih |
kaaruNyah karuNo vyaasah paapahaa shaantivardhanah || 94 ||

badareenilayah shaantastapasvee vaidyutah prabhuh |
bhootaavaaso mahaavaasaa shreenivaasah shriyah patih || 95 ||

tapovaaso mudaavaasah satyavaasah sanaatanah |
purushah pushkarah puNyah pushkaraaksho maheshvarah || 96 ||

poorNamoortih puraaNagyah puNyadah preetivardhanah |
poorNaroopah kaalachakrapravartanasamaahitah || 97 ||

naaraayaNah param jyotih paramaatmaa sadaashivah |
shamkhee chakree gadee shaarngee laamgoolee musalee halee || 98 ||

kireeTee kunDalee haaree mekhalee kavachee dhvajee |
yodhaa jetaa mahaaveeryah shatrughnah shatrutaapanah || 99 ||

shaastaa shaastrakarah shaastram shamkarah shamkarastutah |
saarathee saattvikah svaamee saamavedapriyah samah || 100 ||

pavanah samhitah shaktih sampoorNaangah samruddhimaan |
svargadah kaamadah shreedah keertidah keertidaayakah || 101 ||

mokshadah puNDareekaakshah ksheeraabdhikrutaketanah |
sarvaatmaa sarvalokeshah prerakah paapanaashanah || 102 ||

vaikuNThah puNDareekaakshah sarvadevanamaskrutah |
sarvavyaapee jagannaathah sarvalokamaheshvarah || 103 ||

sargasthityantakruddevah sarvalokasukhaavahah |
akshayah shaashvato anantah kshayavruddhivivarjitah || 104 ||

nirlepo nirguNah sookshmo nirvikaaro niranjanah |
sarvopaadhi vinirmuktah sattaamaatravyavasthitah || 105 ||

adhikaaree vibhurnityah paramaatmaa sanaatanah |
achalo nishchalo vyaapee nityatrupto niraashrayah || 106 ||

shyaamee yuvaa lohitaaksho deepityaa shobhitabhaashaNah |
aajaanubaahuh sumukhah simhaskandho mahaabhujah || 107 ||

sattvavaan guNasampanno deepyamaanah svatejasaa |
kaalaatmaa bhagavaan kaalah kaalachakrapravartakah || 108 ||

naaraayaNah paramjyotih paramaatmaa sanaatanah |
vishvakrudvishvabhoktaa cha vishvagoptaa cha shaashvatah || 109 ||

vishveshvaro vishvamoortirvishvaatmaa vishvabhaajanah |
sarvabhut suhrucChaantah sarvabhootaanukampanah || 110 ||

sarveshvarah sarvasharvah sarvadaa a ashritavatsalah |
sarvagah sarvabhooteshah sarvabhootaashayasthitah || 111 ||

abhyamtarasthastamasashChettaa naaraayaNah parah |
anaadinidhanah srashTaa prajaapatipatirharah || 112 ||

narasimho hrusheekeshah sarvaatmaa sarvadrugvashee |
jagatastasthushashchaiva prabhurnetaa sanaatanah || 113 ||

paramaatmaa param brahma sacchidaanandavigrahah |
paramjyotih paramdhaama paraakaashah paraatparah || 114 ||

achyutah purushah krushNah shaashvatah shiva eeshvarah |
nityah sarvagatah sthaaNoo rudrah saakshee prajaapatih || 115 ||

hiraNyagarbhah savitaa lokakrullokabhugvibhuh |
omkaaravaachyo bhagavaan shreebhooleelaapatih prabhuh || 116 ||

sarvalokeshvarah shreemaan sarvagyah sarvatomukhah |
svaamee susheelah sulabhah sarvagah sarvashaktimaan || 117 ||

shreemaannaaraayaNah svaamee jagatee prabhureeshvarah |
matsyah koormo varaahashcha naarasimho atha vaamanah || 118 ||

raamo raamashcha krushNashcha bouddhah kalkee paraatparah |
ayodhyesho nrupashreshThah kushabaalah paramtapah || 119 ||

lavabaalah kamjanetrah kamjaamghrih pampakajaanah |
seetaakaamtah saumyaroopah shishujeevanatatparah || 120 ||

setukrucchitrakooTasthah shabareesamstutah prabhuh |
yogidhyeyah shivadhyeyah shaastaa raavaNadarpahaa || 121 ||

shreeshah sharaNyo bhootaanaam samshritaabheeshTadaayakah |
anantah shreepatih raamo guNabhrunnirguNo mahaan || 122 ||

evamaadeeni naamaani hyasamkhyanyaparaaNi cha |
ekaika naama raamasya sarvapaapapraNaashanam || 123 ||

sahasranaamaphaladam sarvaishvaryapradaayakam |
sarvasiddhikaram puNyam bhuktimuktiphalapradam || 124 ||

mantraatmakamidam sarvam vyaakhyaatam sarvamamgalam |
uktaani tava putreNa vighnaraajena dheemataa || 125 ||

sanatkumaaraaya puraa taanyuktaani mayaa tava |
yah paThecChruNuyaadvaapi sa tu brahmapadam labhet || 126 ||

taavadeva balam teshaam mahaapaatakadamtinaam |
yaavanna shrooyate raamanaamapamchaananadhvanih || 127 ||

brahmagnashcha suraapashcha steyee cha gurutalpagah |
sharaNaagataghaatee cha mitravishvaasaghaatakah || 128 ||

maatruhaa pitruhaa chaiva bhrooNahaa veerahaathaatha |
koTikoTisahasraaNi hyupapaapaani yaanyapi || 129 ||

samvatsaram kramaajjaptvaa pratyaham raamasannidhou |
nishkaTaNkam sukham bhuktvaa tato mokshamavaapnuyaat || 130 ||

soota uvaacha -

evam shounaka paarvatyai raamanaamasahasrakam |
yathaa shivena kathitam mayaa te adya nivedatam || 131 ||

shree raamadaasa uvaacha -

yathaa shishya tvayaa prushTam raamanaamasahasrakam |
tatsootoktam savistaaram mayaa te adya niveditam || 132 ||

anena raamam sadasi naaradah stuvaanmunih |
raamanaamasahasreNa bhuktimuktipradena cha || 133 ||

shreeraamanaamnaam paramam sahasrakam paapaapaham
soukhyavivruddhikaarakam |
bhavaapaham bhaktajanaikapaalakam streepoutrapoutrapradamruddhidaayakam
|| 134 ||

|| iti shree shatakoTi raamacharitaantargate shreemadaanandaraamaayaNe
vaalmeekeeye raajyakaaNDe poorvaardhe raamasahasranaamakathanam
sampoorNam ||